The Fisher Way: Curriculum

The Fisher Way aims to educate and inspire with joy, faith and love because we are an inclusive Catholic community.

Successful and resilient learners who aspire to and achieve excellence

Confident individuals who can explore and communicate effectively

Responsible citizens who are active, loving and wise in all their endeavours

Subject	PE
Year Group	Year 8
Intent	Successful and resilient learners: who understand how to take care of themselves both physically and mentally in order to be successful as adults. Confident individuals: who are challenged physically, mentally and socially to work collaboratively to become the best that they can be.

	Responsible citizens: who understand the importance of leading a healthy active lifestyle and to equip them with the tools to do so through health and wellbeing education, therefore, fostering a life-long passion for sport and healthy active lifestyles.					
Narrative	Year 8 Core PE: 1. Learners will have focused on developing team attacking and defending strategies and associated core techniques required to support this. Learners will have selected and applied the appropriate core skills, using them tactically with the intention of outwitting their opponents. They will also have developed an improved knowledge of small sided competitive games and rules that underpin the game. 2. This year links to the development of the fundamental skills that they would have developed in Year 7. 3. Learners will develop an understanding of the importance that physical education has on an individual's well-being, equipping them with the tools to participate/engage in sport and lead healthy active lifestyles in the future.					
Half term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Knowledge (topics studied)	During KS3, learners carry out a mixture of different sports and games on a rotation basis. These activities include cross country, rugby, netball, handball, fitness, table tennis, basketball, badminton, volleyball and football.	During KS3, learners carry out a mixture of different sports and games on a rotation basis. These activities include football, fitness, table tennis, basketball, badminton and volleyball. Theory lessons include the benefits of a warm-up / cool down and analysis of performance.	During KS3, learners carry out a mixture of different sports and games on a rotation basis. These activities include football, table tennis, basketball, badminton and volleyball. Theory lessons include the components of fitness and types of training.	During KS3, learners carry out a mixture of different sports and games on a rotation basis. These activities include football, table tennis, basketball, badminton and volleyball.	During KS3, learners carry out a mixture of different sports and games on a rotation basis. These activities include various athletic events.	During KS3, learners carry out a mixture of different sports and games on a rotation basis. These activities include athletics, cricket, rounders and softball.

Key skills	Tackling, passing, receiving, dodging, shooting, rucks.	Tackling, passing, receiving, dodging, shooting, rucks.	Tackling, passing, shooting, dribbling, forehand, backhand, serve.	Tackling, passing, shooting, dribbling, set, dig, serve.	Throwing, jumping, running.	Hitting, catching, fielding.
Cultural capital	Promoting the value of ethics. Educating students on the importance of respecting the official (authority) and how this is important in everyday life.	Promoting ethics. Educating students on the professional conduct of role models such as Tracey Neville and Harry Kane.	Co-operation, etiquette, team-work, fair-play, values all promoted in all practical PE lessons including extra-curricular opportunities.	All PE lessons encouraging varied social interaction across different groups. Working as teams in lessons – encouraging the social side of sporting endeavour.	Educating students on the world record breaker Usain Bolt for the 100M sprint. *Inspire*. Respect for other's beliefs and culture, e.g. when fasting.	Building of self-esteem through progress in physical activities and sense of wellbeing.
Assessment	Individual teacher assessment of performance in sports activities.	Individual teacher assessment of performance in sports activities.	Individual teacher assessment of performance in sports activities. Theory test based on topics studies.	Individual teacher assessment of performance in sports activities.	Individual teacher assessment of performance in sports activities.	Individual teacher assessment of performance in sports activities.